

Statistics Report 35187, Tennis Bread, plain (Apache)

Report Date: July 16, 2017 07:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	33.77	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	258	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	1082	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein 1	g	9.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) 1	g	1.05	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash 1	g	2.92	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	53.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary 1	g	2.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sugars, total 1	g	3.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.37	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glucose (dextrose) 1	g	0.17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fructose 1	g	0.13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Maltose 1	g	2.35	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Starch 1	g	45.14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Minerals													
Calcium, Ca 1	mg	67	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe 1	mg	3.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg 1	mg	28	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Phosphorus, P 1	mg	160	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K 1	mg	100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na 1	mg	810	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn 1	mg	0.53	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu 1	mg	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Manganese, Mn 1	mg	0.480	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se 1	µg	15.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Thiamin 1	mg	0.690	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.291	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Niacin 1	mg	3.410	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.390	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 1	mg	0.059	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total 1	µg	162	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid 1	µg	128	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, food 1	µg	34	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, DFE	µg	252	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Vitamin E (alpha-tocopherol) 1	mg	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, beta 1	mg	0.04	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma 1	mg	0.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) 1	µg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	0.270	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 1	g	0.250	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 1	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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20:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	0.120	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated 1	g	0.120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:1 c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.590	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated 1	g	0.560	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated 1	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:4 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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21:5 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:4 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD